



12 Steps That Can Save Your Life: Real-Life Stories from People Who Are Walking the Walk

Barb Rogers

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Clean and sober twenty days or twenty years -- it makes no difference. We all need a little help every once in a while. Barb Rogers has been sober for a long time. And she knows that doesn't make a difference -- what makes a difference is that she's clean and sober today. Rogers' newest book offers true stories from real life people. Their addictions have led them to a 12-step program. Yet, in working the program, they have found, as the saying goes, things are simple but not always easy. The important thing is -- no matter what difficulties we have with any of the steps -- is to keep working the steps, as many times as it takes. There is no perfection, there is no goal, there is only walking the talk, one day at a time. In *12 Steps That Can Save Your Life*, Barb Rogers once again offers down-home sensible advice, along with stories a struggling reader can identify with. Twelve step programs are neither cult, curse or cure. They work because they are ongoing, because of the focus is inward and outward, and because people recognize that their lives are better when they work them.

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